



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 35169, Fish, sheefish, raw (Alaska Native)

Report Date: July 16, 2017 03:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	74.62	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	115	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2007
Energy	kJ	479	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2007
Protein <sup>1</sup>	g	22.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) <sup>1</sup>	g	2.84	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash <sup>1</sup>	g	1.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe <sup>1</sup>	mg	0.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg <sup>1</sup>	mg	25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P <sup>1</sup>	mg	300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K <sup>1</sup>	mg	390	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na <sup>1</sup>	mg	52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn <sup>1</sup>	mg	0.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu <sup>1</sup>	mg	0.148	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Manganese, Mn <a href="#">1</a>	mg	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se <a href="#">1</a>	µg	42.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin <a href="#">1</a>	mg	0.041	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin <a href="#">1</a>	mg	0.126	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin <a href="#">1</a>	mg	2.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid <a href="#">1</a>	mg	0.648	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 <a href="#">1</a>	mg	0.162	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total <a href="#">1</a>	µg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	06/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food <sup>1</sup>	µg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2007
Choline, total <sup>1</sup>	mg	108.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2007
Betaine <sup>1</sup>	mg	123.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2007
Vitamin B-12 <sup>1</sup>	µg	5.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma <sup>1</sup>	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	0.490	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 <sup>1</sup>	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 <sup>1</sup>	g	0.350	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 <sup>1</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	1.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.260	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated <sup>1</sup>	g	0.540	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 <sup>1</sup>	g	0.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated <sup>1</sup>	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.700	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated <sup>1</sup>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated <sup>1</sup>	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated <sup>1</sup>	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) <sup>1</sup>	g	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) <sup>1</sup>	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) <sup>1</sup>	g	0.320	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol <sup>1</sup>	mg	56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <sup>1</sup>	g	0.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine <sup>1</sup>	g	0.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <sup>1</sup>	g	1.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine <sup>1</sup>	g	1.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <sup>1</sup>	g	0.630	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <sup>1</sup>	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine <sup>1</sup>	g	0.850	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <sup>1</sup>	g	0.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine <sup>1</sup>	g	1.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <sup>1</sup>	g	1.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine <sup>1</sup>	g	0.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine <sup>1</sup>	g	1.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid <sup>1</sup>	g	2.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid <sup>1</sup>	g	2.950	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <sup>1</sup>	g	1.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <sup>1</sup>	g	1.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine <sup>1</sup>	g	0.850	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD